

Stretching Exercises for Winery Workers

A winery employee spends their day lifting or maneuvering heavy objects such as wine barrels and winery hoses, climbing tall ladders, bending, squatting and reaching. Such strenuous movements can lead to injury and pain. Fortunately, there are a variety of stretching exercises that are helpful before starting the work day to warm up the muscles and help prevent injury. Consult your doctor for suggestions specific to your condition or work, and if any work-related pain persists or worsens.

Neck Stretch Exercise

This stretch, suggested by the Women's Heart Foundation, can be performed before beginning strenuous winery activity, and repeated as necessary during the workday. Bend your neck forward as if you are going to touch your chin to the top of your chest. Hold for at least 15 seconds. Return your neck to the starting position and relax. Bend your head back until you feel the muscles in the neck stretch. Hold for 15 seconds, and then bring your head upright to look straight ahead. Do a total of 10 repetitions.

Wrist and Hand Exercise

Rest your forearms on a steady surface. Use your left hand to gently push back on the palm of your right hand until you feel a stretch. Return to the starting position and then repeat up to 15 more times. Shake the wrists out, and then return them to the flat surface. Switch hands and do up to 15 repetitions.

Lower-Body Exercise

Stand up straight and carefully lift your left knee up toward your chest until it forms a 90-degree angle. Bring your leg back to the starting position and repeat with your right knee. Continue alternating legs so you are marching in place. You can also do this exercise on your back by extending one leg and keeping the other knee bent upward. Gently hold the back of your thigh and pull your knee toward your chest. Alternate legs.

Upper-Body Exercise

Lace your fingers together, with your palms facing outward. Lift your arms out in front of you until they are at shoulder height. Hold for about 20 seconds, and then slowly relax your arms. Repeat a second time. Next, bend your knees slightly and lift your arms up over your head. Grasp the elbow of your right arm with the palm of your left hand and gently pull your elbow behind your head. Lean to the side until you feel a stretch and hold for 10 seconds. Repeat on the opposite side.